

TALLYHO

Serving the men and women of Fighter Country
Luke Air Force Base, Ariz.

Vol. 26, No. 35

Sept. 1, 2000

Labor Day ends '101 critical days'

Labor Day marks the last critical day of summer and the last day of the "101 Critical Days of Summer" safety campaign.

Labor Day weekend, historically, is the most dangerous, statistics have shown. It is for this reason Luke commanders, first sergeants and supervisors must remain vigilant.

"The 101 Critical Days of Summer campaign has been successful in that everybody assigned at Luke is alive, but don't stop being careful just because summer is nearly over," said Col. Steve Sargeant, 56th Fighter Wing commander. "I want everyone to have fun over the weekend, but do it safely. We want to see you Tuesday morning safe and unharmed."

The safety campaign started Memorial Day. Its goal is to reduce and prevent mishaps during a time of year when more people are traveling and participating in outdoor activities.

Since the campaign began May 29, Team Luke members have been involved in 142 mishaps, said Edward Talbott, 56th FW safety. Most were minor in nature, such as fender benders and sports injuries.

Most importantly, there were no fatalities, Talbott said.

Talbott said their goal is to have no more mishaps, minor or otherwise during the last few days for the campaign. Statistics, however, are not in Luke's favor.

"Labor Day weekend is the one last chance for us all to cut loose before we wave summer farewell for another year," Talbott said. "The problem lies in folks taking the phrase 'cutting loose' a bit too literally."

Instead of approaching their weekend activities with some forethought and planning, Talbott said most people "shoot from the hip and jump into

activities with reckless abandon."

In fact, 80 percent of mishaps occur because of human error.

"There are no new ways to hurt yourself," Talbott said. "We can only learn from the past mistakes of others."

Talbott has a few general suggestions for the three-day weekend, including lessons people learned from past mistakes. The suggestions include:

- Always buckle up immediately after getting into the vehicle.
- Stretch before participating in a sport or recreational activity.
- Plan trips instead of just hopping into the car with no idea of what to do.
- Stretch before participating in a sport or recreational activity.
- Properly equip everyone with floatation devices on and near water.
- Never let children go unsupervised for any length of time near water.
- Keep alcohol separate from all activities, especially if the recreation plan involves operating anything with an engine.

Because it is a three-day weekend, Talbott also reminds supervisors they must give military members under the age of 26 a pre-departure safety briefing.

Talbott urges everyone to do their part to keep the wing's total mishap rate where it is by planning weekend activities with safety in mind.

"If you don't want to make safety an integral part of your plans, might I suggest an alternate, slightly more sedate activity," Talbott said. "There's nothing like a good telethon." (Courtesy of the 56th Fighter Wing Safety Office.)



Tech. Sgt. Michael Burns
Staff Sgt. Frank Bettencourt, 56th Security Forces Squadron, wears a helmet and gloves while driving the squadron's all-terrain vehicle.

Puttin' for CFC ...



Staff Sgt. Aaron C. Marcus
Lt. Col. Dewey Holmes, 56th Logistics Group deputy commander, putts one in during Monday's golf tournament while Col. Frank Bruno, 56th LG commander, and Capt. Jeff Bouma (middle), 56th Equipment Maintenance Squadron look on. More than 140 Team Luke members took part and raised more than \$3,100 for Luke's four charitable organizations as part of the Combined Federal Campaign. The campaign kicked off Aug. 23 and ends in October. For more CFC information, contact unit representatives.

Government travel card

AETC offers incentive program to award money to installations

By Staff Sgt. B. Coors-Davidson
56th Fighter Wing Public Affairs

AETC recently approved a government travel card incentive program to improve the system by awarding money to bases with the best program.

All AETC bases compete for operations and maintenance funds — \$40,000 in fiscal year 2000 and \$200,000 in 2001 — using weighted factors of the lowest number of delinquent accounts, total dollar amount of delinquent accounts and split disbursement usage.

Presently, about 90 percent of all travel vouchers filed by Luke people did not indicate split disbursement.

"Delinquency rates with the government travel card have been a major challenge and may actually get worse if we don't take positive leadership steps to set our folks up for success," said Col. Steve Sargeant, 56th Fighter Wing commander. "Use of the split disbursement program guarantees our folks are paying their travel card bills on time and drive the Luke delinquency rate to zero."

The financial services split disbursement program is a customer service tool available to all members and is designed to be a convenient and easy way to pay travel card accounts.

People with temporary duty assignments whether it is for a short or extended period of time, will find split disbursement an easy way to pay their Bank of America,

"... split disbursement ... helps to avoid the possibility of delinquent accounts and consequently keeps Thunderbolts out of financial trouble."

Col. Steve Sargeant
56th Fighter Wing commander

said 2nd Lt. Bob Heim, 56th Comptroller Squadron deputy financial services officer.

Those departing on an extended TDY, should stop by the finance customer service desk before departing to fill out the paperwork. Once established, the Defense Finance and Accounting Service sends a specified amount, via electronic funds transfer, to Bank of America each month to pay the card balance.

For members TDY for 30 days or less, travelers can choose the split disbursement option when filing their travel vouchers. By checking off on the split disbursement block and annotating the amount to be paid on the travel voucher, Bank of America is paid in full and the balance due the member is deposited in his or her personal bank account.

"Use of the split disbursement method helps to avoid the possibility of delinquent accounts and consequently keeps Thunderbolts out of financial trouble," Sargeant said. "The 100-percent split disbursement goal is the direct approach to combat deficiencies in the program, setting a vector for Luke to receive addi-

tional funds to invest in Thunderbolt quality-of-life programs.

"This is a win-win situation for the Air Force and our people. It's simple to do, and it costs us nothing," Sargeant added.

The process was really easy, said Senior Airman Carrie Arndt, 607th Air Control Squadron radar maintenance technician, who used split disbursement after her return from a recent TDY.

"I just checked the box on the travel voucher and told them how much to send," Arndt said. "It was a relief to know I didn't have to send a check to Bank of America. When you come back from a TDY, you've got all this paperwork to go through — mail, bills. Split disbursement made it less stressful."

The GTC is a personal travel card, but is considered a business account and does not reflect on a member's personal credit report other than an inquiry when the card is issued.

"People should not be concerned about their personal credit report because the account balance and credit line of \$10,000 are not visible on the report," Heim said.

Action Line



Col. Steve Sargeant
56th FW commander

The 56th Fighter Wing Commander's Action Line is your direct line to me. I get personally involved in every reply. Your ideas and concerns help build a stronger foundation on which we can successfully complete our mission and take care of our people.

Before you call the Action Line though, give Luke's professionals a chance to answer your question in concert with your unit chain of

command. If the appropriate expert is unable to provide a satisfactory response, call me at 856-7011 or send an e-mail to command.actionline@luke.af.mil. Please include your name and telephone number so I can provide a personal reply to your concern. Together we can make Luke a better place to live and work.

Who to call:	
Fraud, waste and abuse hotline	856-6149
Base exchange	935-4652
Commissary	935-3821
Patient advocate	856-9100
Legal assistance	856-6901
Law enforcement desk	856-5970
Housing office	856-7643
Military pay	856-7028
MPF customer service	856-7874
Civil engineer customer service	856-7231

Properly posting posters, etc.

Comment: I've noticed some units post notices on windows and walls vs. bulletin boards. Is this acceptable?

Response: In a word — no. All units should only display notices, letters, etc. on permanent signs or bulletin boards. Taped up notices present an unprofessional appearance.

Comment: I'm a military member seeking information about where at Luke I can post professionally made, color posters advertising a city youth basketball league to inform other military members if they're interested in playing.

Response: Thanks for your call. Due to heavy shopping traffic, the Luke base exchange and commissary provide the ideal environment for posting your information. Our Army and Air Force Exchange Service and Defense Commissary Agency store managers will gladly help post your information if you ask them.



e-mail:
command.actionline@luke.af.mil
or call,
856-7011

Sortie Scoreboard

Fiscal year 2000 programmed flight training

	To date	Goal
Sorties flown	34,669	37,902
Flying hours	46,406	49,803
Pilot graduates	774	876
MRA graduates	698	972

Luke people deployed:
AEF 7/8: **75** AEF 9/10: **21**
Others: **70**

Leadership

Let's focus on followers

By Lt. Col. Michael Barton

308th Fighter Squadron commander

We spend a great deal of time and effort developing leaders and cultivating leadership traits. Shouldn't we put more effort into building good followers? Because, after all, when you get right down to it, we are all followers.

Even our leaders, the defense secretary, the Joint Chiefs of Staff chairman, the Air Force chief of staff down the chain of command to the 56th Fighter Wing must follow the lawful orders of those appointed over them and have pledged to "well and faithfully discharge the duties of the office upon which (we are) am about to enter."

Effective followership is one of the most important roles we fulfill. The definition of "follow" seems so obvious, so simple. Follow: to move along the same course; to adhere to the cause of; to advocate. But, think about it. If you advocate your boss' position, you speak in favor of it. If you are an advocate, you support a cause or plead on someone's behalf.

Recall instances when you did not agree with your supervisor's decision in a particular situation.

Assuming the decision did not compromise safety or the mission, were you an advocate of your boss' decision? Did you support the cause or did you simply follow orders? If you think of followership on those terms, there is probably a little more to the subject than you originally thought.

Picture the state of our Air Force if major command commanders decided not to actively support Gen. Michael Ryan when he decided the Air Force would make every reasonable effort to fly out this year's flying hour program. Imagine the affect on good order, discipline and morale if commanders failed to support the 56th FW commander's plan to execute our portion of this responsibility.

By virtue of their position, leaders are required to make difficult decisions for the good of the organization. When the situation dictates, a leader consults with peers and subordinates before making a decision; however, consulting with others is not always possible or desirable. Effective leadership demands the leader step-up, make the decision and be held accountable.

Followers also have responsibilities. As a good follower, support your leadership and understand your job and how it contributes to the mission. Additionally, voice your opinion when asked, participate in problem identification as well as problem solving, and have the courage to address issues rather than avoid them.

In fact, the traits of a good follower and leader are similar. Attitude, values, character, integrity, commitment, credibility, adaptability, courage and mission comprehen-

"It is important the follower understands our mission, feels a sense of responsibility and gains a sense of accomplishment for a job well done."

Lt. Col. Michael Barton

308th Fighter Squadron commander

sion are desirable characteristics for followers and leaders. This is not an all-inclusive list, but differentiating between good leadership and followership traits is difficult.

Since the two are so closely related, why should it matter whether we focus our attention on leadership rather than followership? Shifting the attention from the leader to the follower compels followers to "buy-in" to the process and support the leader. It is important the follower understands our mission, feels a sense of responsibility and gains a sense of accomplishment for a job well done.

Every good leader knows the responsibilities inherent in a leadership position; however, focusing on the leader, allows the follower to disengage from their responsibility in the process. Furthermore, focusing on the follower may persuade leaders to delegate and make better use of the multitude of talent available in their organization.

It's important to understand your role and your unit's role in the mission. Whether you directly accomplish the mission or support the mission, it's difficult to develop a

sense of responsibility and pride if you do not understand how you contribute. Every member of the 56th FW should feel pride and satisfaction when they see an F-16 in the air ... we each play an important role in getting that jet in the air.

The good follower also accepts they are required to adjust to changing mission requirements and understands the needs of

the organization override the needs of the individual. Loyalty and support for leadership is crucial to any good organization.

It doesn't matter if you drive a truck, fix airplanes or provide administrative support ... strive to know everything about your job and be the best. A good follower is focused on the job at hand, is accountable for their actions and seeks increased responsibility. Know the Air Force standards for conduct, discipline, customs and courtesies and act accordingly. Avoid the tendency to settle for good enough and make the extra effort to make it better.

We've all heard the phrase "lead by example." Likewise, we can be a good follower by setting the example: be a role model, support your leader's goals, learn from your mistakes, don't be defensive and don't try to hide problems.

No one argues strong leadership is essential to the military, but good followership is the backbone. In practice, leadership and followership are inseparable. You cannot be a good leader if you don't know how to follow. However, we occasionally lose sight that we all raised our right hands and pledged to be good followers. It is my opinion our leaders need to shift their focus from building tomorrow's leaders to building today's followers. To be a good leader, you must be a good follower.

Exercise your right to choose

By 2nd Lt. Christina L. Miller

56th Equipment Maintenance Squadron

The right to vote is one of the most important rights of citizenship in a democratic country, yet a substantial number of U.S. citizens choose not to exercise this right.

Perhaps the chaos of our individual worlds becomes so internalized, vast and complicated we forfeit the challenge of keeping pace with the complex politicians and bureaucracy that persistently imposes itself upon our televisions, radios, computers and newspapers.

Whatever our reason is for not voting, it is important to remember

voting isn't about politics, money or even the politicians — voting is about preserving the voice of individuality that exists in each American.

We are a country which was passionately united by patriots who were forthright in fortitude and dedicated to the ideal of freedom and equality. The ideal they fought for has become a reality. As Americans cast their votes, they not only cast it for themselves, they cast a vote for all of us of today, tomorrow and perhaps even those patriots of past.

Use your vote as your individuality, your right, your choice, and most importantly, as your dedication to preserve the ideals that

made this country "the land of the free and the home of the brave."

Armed Forces Voter's Week is Tuesday through Sept. 8. Please stop by the base exchange, commissary or dining facility between 11 a.m. and 1 p.m. to register to vote or fill out a federal voting application card for an absentee ballot. Voting officers will assist you and your family members with the forms.

For more information on how you can use your vote as your voice, contact unit voting representatives, call the voters' hotline at 856-6699 or 856-5712 or get voting information and register online at www.fvap.ncr.gov.

Editorial information

The 56th Fighter Wing Public Affairs Office prepares all editorial content for the "Tallyho." The editor will edit or re-write material for clarity, brevity or to conform with Air Force style as required by Air Force Instruction 35-1.

Contributors, please deliver articles typed, double-spaced and on an IBM-compatible floppy disk to the public affairs office or send through distribution to 56 FW/PA, Attn: Editor or send them via e-mail to Tallyho@luke.af.mil. The phone number to the editorial office is 856-6055.

Unless otherwise noted, all photographs are U.S. Air Force photos. The "Tallyho" uses material from the Armed Forces Information Service, Air Force News Service, Air Education and Training Command News Service and other sources. All advertising is handled by Pueblo Publishers, Inc. 7122 N. 59th Ave., Glendale, Ariz., 85301, phone (623) 842-6000.

Deadline for "Tallyho" submissions is Friday at noon.

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Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, marital status, physical handicap, political affiliation or any other nonmerit factor of the purchaser, user or patron.

Hospital faces accreditation

The Joint Commission on Accreditation of Healthcare Organizations conducts an accreditation survey Oct. 11 to 13 of the 56th Medical Group to evaluate its compliance with nationally established joint commission standards.

Joint commission standards deal with organizational quality of care issues and the safety of the environment in which care is provided.

The commission uses survey results to determine whether accreditation should be awarded and the conditions under which to award the accreditation.

Anyone believing he or she has pertinent and valid information about such matters may request a public information interview with the joint commission's field representatives at the time of the survey. Information presented at the interview is evaluated for relevance to the accreditation process.

Interview requests must be made in writing and sent to the joint commission no later than five working days before the survey begins. The requests should be addressed to: Division of Accreditation Operations, Accreditation Service Special-



Tech. Sgt. Michael Burns

Dominador Yalung, 56th Medical Support Squadron laboratory technician, examines a petri dish at the base hospital. The 56th Medical Group is evaluated in early October for accreditation purposes.

ist, Joint Commission on Accreditation of Healthcare Organizations, 1 Renaissance Blvd., Oakbrook Terrace, Ill. 60181.

The joint commission acknowledges requests in writing or by telephone and will inform the organization of the request. The organization, in turn, notifies the requestor of the date, time and place of the meeting. (Courtesy of the 56th Medical Group)

Community service

Team Luke volunteers as pen pals

**Story and photo by
Senior Airman Jennifer Dixon**
56th Fighter Wing Public Affairs

Team Luke volunteers are helping local fifth-grade students sharpen their letter-writing skills as part of a pen pal program between the base and the school.

More than 80 Luke airmen

volunteered to be pen pals with three Buckeye Elementary School classes in a program proposed by Jeannie Kemmer, a Buckeye Elementary School fifth-grade teacher.

Since Buckeye fifth graders must learn to write a proper letter as part of the curriculum, Kemmer thought pen pals would

be a great way to combine the lesson with some fun.

"I want to give my students the opportunity to meet and get to know people from outside Arizona," Kemmer said. "I also wanted to give them a better understanding of the jets they see flying overhead."

The students started work on the first letters to their pen pals Monday.

"The students are already looking forward to getting their first letter from their pen pals," Kemmer said.

Each student has specific questions for his or her pen pal.

"I think it's great having (a pen pal) and want to ask if he or she has any brothers or sisters," said Vanessa Torres.

Another student, Cruz Reyna, is nervous but wants to ask his pen pal if he or she likes being in the Air Force.

Kemmer will drop off letters to the base the first Tuesday of every month and return the third Tuesday to pick up the replies. This gives Luke airmen about two weeks to respond to their pen pal.

The pen pal program lasts throughout the school year and a base tour for the students is planned before Christmas break, Kemmer said.



Buckeye fifth grader Jacob Mejia prepares a letter for his Luke pen pal as part of an ongoing exchange between the school and the base.

Thunderbolt Instructor Pilot of the Week

Name: Capt. Robert "Bobaloo" Rickard, 61st Fighter Squadron weapons and tactics chief and instructor pilot

Hometown: St. Louis

Years in service: 10

Family: Wife, Chris, who is an accountant in Phoenix, and our dog, Casey

Education: Bachelor's degree in electrical engineering from the University of Missouri

Previous assignments: Kunsan Air Base, Republic of Korea; Shaw Air Force Base, S.C.; and Nellis Air Force Base, Nev.

Goals: Be an F-22 initial cadre pilot

Greatest feat: Graduating from the U.S. Air Force Weapons School

Commander's comments: "Bobaloo has worked for me at two different assignments," said Lt. Col. Mike Carter, 61st Fighter Squadron commander. "He has more drive and credibility than any weapons officer/IP I've met."

"He is an excellent choice as Thunderbolt IP of the week because of his extraordinary efforts to improve squadron instructor pilots' proficiency in basic fighter maneuvers by briefing, leading and debriefing numerous continuation training BFM sorties," he added.



Rickard

News Briefs

Holiday hours

Labor Day holiday hours for Monday at Army and Air Force Exchange Service facilities are:

Main store	9 a.m. to 5 p.m.
Shoppette	9 a.m. to 6 p.m.
Anthony's Pizza	11 a.m. to 5 p.m.
Starbucks	10 a.m. to 4 p.m.
Popeye's	11 a.m. to 5 p.m.

All other AAFES facilities and the commissary are closed Monday.

56th CS work order deadline

The 56th Communications Squadron will not accept work orders for any type of communications work after today due to end-of-fiscal-year reporting and reconciliation requirements. Emergency work orders are accepted only if mission failure will occur without the work being accomplished and the requesting squadron commander certifies it.

Retirement ceremonies

♦ A retirement ceremony is today at 3 p.m. at the Falcon Dunes Golf Course for Senior Master Sgt. Mark Balzer, 56th Communications Squadron. A reception follows.

♦ A retirement ceremony is today at 3 p.m. at the Desert Star Enlisted Club for Tech. Sgt. Michael Pollack, 56th Supply Squadron NCO in charge of the repair cycle station. A reception follows.

Self-help closure

The self-help store is not open Saturday due to the Labor Day holiday, but is open Sept. 9 instead.

Luke day at the Diamondbacks

The Arizona Diamondbacks welcome Team Luke Sunday at their 1:35 p.m. game vs. the Florida Marlins.

Life insurance refunds

Anyone who bought life insurance or savings plans in Arizona from American Fidelity Life Insurance or Trans World Assurance Cos. should make an appointment at the base legal office Tuesday through Thursday because they may be entitled to a refund. Bring policies and any related documents to the appointment — copies will be turned over to the Arizona Consumer Investigations office. For more information or to make an appointment, call 856-6901.

Wing commander's calls

Col. Steve Sargeant, 56th Fighter Wing commander, will conduct mandatory commanders calls on the following days:

♦ An enlisted call will be Thursday at 7 a.m., 1 p.m. and 4 p.m. in Hangar 913.

♦ A civilian call will be Sept. 18 at 3 p.m. and Sept. 20 at 8 a.m. at the base theater.

♦ An officers call will be Sept. 22 at 4:30 p.m. at the base theater.

POW/MIA retreat ceremony

The 56th Fighter wing presents a retreat ceremony to honor prisoners of war and those missing in action Sept. 15 at 4:30 p.m. at the base flagpole. Retired Brig. Gen. Ralph Browning is the speaker.

Air Force Ball child care

The child development center opens Sept. 16 from 5:45 p.m. to 12:30 a.m. for the Air Force Ball. A \$6 registration fee applied toward child care costs is required by Sept. 14. For more information, call 856-6339.

"Tallyho" e-mail address change

The new global address to send e-mail to the "Tallyho" is Luke Tallyho. Those e-mailing from off-base locations can still use the old address of Tallyho@luke.af.mil.

Justice Report

The following nonjudicial actions occurred at Luke between Aug. 21 and 25.

♦ A senior airman received an Article 15, a reduction to airman first class and 30 days extra duty for being absent without leave.

♦ An airman first class received an Article 15, forfeiture of \$350 pay and 14 days extra duty for driving under the influence of alcohol.

♦ An airman first class received an Article 15 and a reprimand for larceny.

Luke plans ball to celebrate AF birthday

By Kristen M. Butler
56th Fighter Wing Public Affairs

Team Luke has gone “Higher, Faster, Farther” to ensure its members celebrate the Air Force’s birthday in style by planning an Air Force Ball Sept. 16, just one day before the youngest U.S. military service celebrates its 53rd year.

The event features dinner, music, a guest speaker and dancing at the new Glendale Civic Center, 5750 W. Glenn Drive. In addition, the gala is supported by a shuttle service to and from the ball, childcare is provided at the child development center and several billeting rooms have been set aside for that evening.

“This is an excellent opportunity to celebrate our Air Force heritage in grand style,” said Col. Steve Sargeant, 56th Fighter Wing commander. “It’s not only a chance to celebrate our 53rd birthday, but also an opportunity for Team Luke to take time out and honor the men and women who make up this great Air Force team. Their selfless contributions make us the most respected air and space force in the world.”

The celebration begins with cocktails at 6 p.m. and dinner at 7 p.m. The dinner includes salad; a choice of mesquite-



Alirman 1st Class Julie Simmons
Team Luke volunteers wash cars Monday to raise money for the Air Force Ball. All money raised during fundraisers goes toward offsetting ticket costs for junior enlisted members.

grilled chicken breast or sliced New York sirloin topped by a wild mushroom sauce; roasted potatoes; vegetables; dinner rolls; and dessert.

The 36th Army Band from Fort Huachuca, Ariz., plays through din-

ner. Immediately following dessert, Maj. Gen. Steven Polk, 19th Air Force commander, speaks at the event. After his words, Team Luke is free to dance the night away to music provided by local disc jockey

Triple C, said Lt. Col. Paul McGillicuddy, Air Force Ball committee chairman.

“Our main objective is to create an environment for people to have fun,” McGillicuddy said. “I’m pumped up; we’re selling tickets, the new facility is awesome and I know people are going to have a great time.”

However, an event like this doesn’t just happen overnight — it takes months of planning, McGillicuddy said.

“The committee has been working since June to ensure everything falls into place,” he said. “From fundraisers to planning there a lot of people who have put in many hours behind the scenes to guarantee its success. Without their help, especially help from the Luke Chiefs Group and the First Sergeants Council, we couldn’t have gotten it done.”

Tickets may be purchased from any first sergeant or designated unit representatives. Master sergeants and above, civilians and retirees pay \$35; technical and staff sergeants pay \$28; and senior airmen through airman basic pay \$24. Mess dress or semiformal attire is required for all military members and formal dress for all civilians.

Civic leader tour

Team Luke explains AF mission to local officials



Alirman 1st Class Julie Simmons
Col. Steve Sargeant, 56th Fighter Wing commander, briefs local civic leaders Aug. 24 on Luke’s mission and the importance of working together to build a stronger community. The group toured Hill Air Force Base, Utah; and Nellis Air Force Base, Nev.

By 1st Lt. Miki Kristina Krejcarek
56th Fighter Wing, Public Affairs

Twenty local community leaders visited Hill Air Force Base, Utah, and Nellis Air Force Base, Nev., Aug. 24 through Saturday as part of an Air Force civic leader tour.

This civic leader program gave local community leaders a broader understanding of the Air Force mission and how Luke and other bases contribute to that mission.

“The two days we took the civic leaders on the road afforded them the opportunity to gain a better understanding of what it takes for Luke to support the Air Force mission,” said Col. Steve Sargeant, 56th Fighter Wing commander.

En route to Hill aboard a KC-135, the civic leaders watched as the tanker crew refueled six Luke F-16s.

At Hill, home to the Ogden Air Logistics Center and part of the Air Force Materiel Command, the group visited the aircraft facility, landing gear facility and strategic missile integration complex.

AFMC controls worldwide logistics management and maintenance support responsibilities for Air Force weapons systems including the F-16, A-10 and C-130.

The unit receives depot maintenance and modifies and repairs more than 270 F-16s, including Luke jets.

After an overnight stay at Hill, the group traveled to Nellis

where the tour included an Air Warfare Center overview; Red Flag exercise briefing; encroachment briefing; Thunderbird Air Demonstration Team hangar; 547th Intelligence Squadron Threat Facility and U.S. Air Force Weapons School.

As the fourth largest Air Force base in the world, Nellis has about 155 aircraft participating in missions night and day, seven days a week. Exercises are common, with five “flag” exercises a year including Maple Flag in Canada, which involves aircraft from many nations.

Due to the activities at Nellis, working with the community is essential, said Col. Tim Hopper, AWFC vice commander.

“With encroachment a concern for Nellis, the combination of the community and military working together is key to keeping citizens informed of our mission,” he said.

The trip gave the civic leaders a different perspective on the Air Force mission and encroachment.

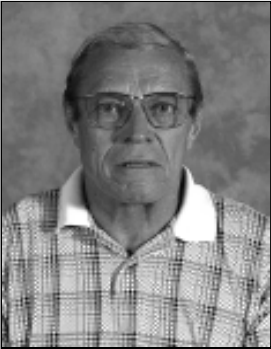
“This trip to Hill and Nellis gave me a new appreciation of the Air Force,” said Brian Dalke, City of Goodyear economic development director. “By exchanging ideas back and forth, it made us realize that we need to have a more concerted effort for Luke and place it as a high priority. This means getting more ideas in which we can approach encroachment issues and work together.”

The civic leaders returned Saturday, with a better understand of Luke and the Air Force.

Wing
Warrior

This column recognizes Team Luke members' contributions to wartime readiness in the tradition of 2nd Lt. Frank Luke.

Name: Gary Blake, 56th Range Management Office airspace manager
Hometown: Declo, Idaho
Years service: 21 years active-duty fighter pilot in the F-100 and F-104 and 12 years as the 56th Fighter Wing airspace manager
Inspirations: My family ... from my very active 87-year-old parents to my wife, my children, my sisters and my new, and very first, granddaughter
Goals: I am now in the twilight zone of a very enjoyable 12-year career as Luke’s airspace manager. I will retire again someday, but fully intend on doing consulting work or activating my dusty real estate license.
Off duty: I enjoy spending time with my family, golfing, gardening and I do commission work for the City of Litchfield.
Commander’s comments: “Gary served two tours in Vietnam, defending his country by flying nearly 500 combat hours in the O-1 and F-104,” said Col. James Uken, 56th RMO director. “He is truly a hero to his country. He was severely injured after being shot down on takeoff supporting the 101st Airborne Division during an airbase attack. Gary returned to the cockpit within three months of the incident. He continues to support his country by running the RMO airspace program.”



Blake

Luke’s
Spirit

Col. Steve Sargeant, 56th Fighter Wing commander, uses this column to recognize Team Luke members' outstanding customer service.

Name: Tech. Sgt. William Mitchell, 56th Mission Support Squadron commanders support staff NCO in charge
Hometown: Mountainburg , Ark.
Years in service: 19
Family: Wife, Debra; son, Trey, 11; and daughter, Rianne, 6
Education: Associate’s degree in instructor technology and aircraft maintenance management
Previous assignments: Plattsburgh Air Force Base, N.Y.; Williams Air Force Base, Ariz.; Cannon Air Force Base, N.M.
Inspirations: My wife ... she puts up with me; and my grandfather — he served in World War II with honor and then raised his family to have honor.
Goals: Leave every place better than I found it!
Greatest feat: Having great children
Famous last words: Grow responsible but never grow up!
Off duty: Mountain biking, camping, hiking, snorkeling, karate and four-wheeling
Commander’s comments: “Sergeant Mitchell used his initiative and imagination to ensure all participants of the recent civic leader tour had the information they needed,” Sargeant said. “He made sure we all kept to our schedule, and that was not a small feat to keep 26 folks moving in the same direction. His efforts ensured we accomplished everything we set out to do.”



Mitchell

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Wing reminds Luke troops of body art policy

By Tech. Sgt. George F. Jozens
56th Fighter Wing Public Affairs

The 95th Air Force Uniform Board recently met and made several modifications and changes which affect Air Force Instruction 36-2903, “Dress and Personal Appearance of Air Force Personnel.”

The board did not change the tattoo, brand or body jewelry rules.

Luke has not supplemented the AFI, said Damita Klaiber, 56th Mission Support Squadron personal affairs specialist. Luke people must continue using the instruction and AETC’s supplement to the AFI until they are changed.

A new Air Force Instruction will be out shortly as a result of this recent board. AETC will follow with a supplement and then Luke can supplement anything the base needs, Klaiber said.

Klaiber said even though the body jewelry standard has been in effect since 1998, there are still many people who violate it. Military members must not wear body jewelry on the military installation even when in civilian clothing.

Table 2.5 of the AFI states military members are prohibited from attaching, affixing or displaying objects, articles, jewelry or ornamentation to or through the ear, nose, tongue or any exposed body part including if it’s visible through clothing.

There is an exception though. Women may have their earlobes pierced as long as it’s not extreme or excessive. The instruction also states women keep earrings conservative and within sensible limits when worn on a military installation.

In addition to body jewelry, Luke military members are reminded there are restrictions on tattoos and brands.

The AFI guidance for tattoos is separated into two categories: unauthorized and inappropriate.

Unauthorized tattoos or brands are those that are obscene, advocate sexual, racial, ethnic or religious discrimination and are prohibited anywhere on the body. Likewise, tattoos or brands that are prejudicial to good order and discipline, or if it tends to discredit the Air Force, are also prohibited.

Inappropriate tattoos are those that degrade the military image. Air Force members are not allowed to receive excessive tattoos or brands that are visible while in uniform. The Air Force defines excessive tattoos or brands as those that exceed one-fourth of an exposed body part and tattoos or brands above the collarbone which are readily visible when wearing an open collar uniform.

“Understand that as a member of the most professional military force in the world, Luke people should use proper judgment when considering body piercing and tattooing and ensure they clearly understand Air Force policy prior to receiving them,” said Chief Master Sgt. Jay Groff, 56th Component Repair Squadron first sergeant.

Groff also said Luke people should know how to correct violations if they see them.

“After you extend a cordial greeting, such as good morning or afternoon, introduce yourself,” Groff said. “Then ask the person if they are a member of the U.S. military. If the answer is yes, ask ‘may I see your ID card?’ Once military status is confirmed, inform them of Air Force policy concerning body piercing (or other problems) and ask them to correct their violation.

“If they correct the problem with dignity and respect for Air Force policies, I would do nothing more,” Groff continued.



Airman 1st Class Julie Simmons

A person gets a tattoo on his shoulder at a local tattoo parlor. Refer to current guidelines before getting a tattoo to ensure it complies with Air Force standards.

“If they displayed an attitude, I would obtain more information about them and report the violation to their first sergeant or someone in their chain of command.”

If the person is not cooperative, Groff said there are other steps to take.

“If someone refuses to comply with AF instructions, this is a violation of Article 92 of the Uniform Code of Military Justice and is a punishable offense,” Groff said. “Contact security forces and provide details of the incident. They should respond and deal with this person.”

In addition, ask the person to provide their ID card and remain at your location, Groff said. If they refuse to hand over an ID card, attempt to gain as much information as possible without any major confrontations. Security forces will obtain a statement regarding the details of the incident and notify the person’s unit.

“The bottom line of the dress and appearance instruction is military members will preserve a strong military image and not bring discredit upon the Air Force,” said Col. Steve Sergeant, 56th Fighter Wing commander.

Luke's Finest

Each month the Luke Chiefs Group selects an airman who goes above and beyond the call of duty.

Name

Name:
Home town:
Years service:
Family:
Education:
Inspirations:
Goals:
Greatest feat:
Self-description:
Famous last words:
Off duty:
Bad habits:

Air Force tests new symbol on towers, gates

WASHINGTON (AFPN) — Some Air Force bases are sporting the new Air Force symbol on their entrance gates and water towers.

The move represents the next phase in the service’s test of its new symbol.

The symbol was introduced earlier this year as part of the Air Force’s effort to more effectively tell its story to the public, potential recruits and its own people, said Brig. Gen. Ronald Rand, Air Force director of public affairs.

In March, Air Force Chief of Staff Gen. Michael Ryan approved testing the symbol only on low-cost, “perishable” applications such as paper products, Web sites and civilian clothing such as T-shirts and ballcaps, Rand said.

“Now we’re taking the next step, testing it on base infrastructure. We’ll apply the symbol to gates and water towers at selected bases,” he said. The test will apply only to locations approved by the chief of staff.

First in line are Lackland Air Force Base, Texas, and McChord Air Force Base, Wash., which have already

painted their water towers.

Other bases slated to test the symbol on water towers are Langley Air Force Base, Va.; McConnell Air Force Base, Kan.; and Patrick Air Force Base, Fla.

Bases to test the symbol on their entrance gates are: Andrews Air Force Base, Md.; Bolling Air Force Base, D.C.;

Lackland; Maxwell Air Force Base, Ala.; Ramstein Air Base, Germany; Yokota Air Base, Japan; and the U.S. Air Force Academy, Colo. Also included in the test is Buckley Air National Guard Base, Colo., which will add the symbol to its gates when it is renamed Buckley Air Force Base and designated an active-duty installation in October.

“This test will allow us to gauge recognition of the symbol in public and high-visibility situations,” Rand said. “It will also give us the opportunity to learn the design and technical challenges of applying the symbol to a variety of structures.”

Criteria for choosing the test locations included high visibility, cost-effectiveness

and chain of command approval. Additionally, officials sought signs and towers that needed painting or were good candidates for other reasons.

“In the case of the water towers, we’re incorporating the symbol at bases that were already scheduled to paint their towers,” Rand said.

“For the base gates, we wanted to test a range of situations. Andrews and Bolling are two highly visible bases in the Washington, D.C. area, which makes it easy for Air Force officials to observe the test. Lackland, Maxwell and the Academy are where Air Force people start their careers, so we can expose them to the symbol from the beginning.

“Ramstein and Yokota offer us the chance to test the symbol in overseas environments. With Buckley, the timing was right and it was cost-effective because they’re changing their gate when they change the name of the base,” Rand said.

McChord’s water tower was completed Monday and Lackland’s should be finished soon. Applying the symbol to base gates will take longer, he said.

The process began with site visits by a team comprising the Air Force Center for Environmental Excellence and Siegelgale, the firm that worked with Air Force leaders to develop the symbol and the Air Force’s renewed communication strategy. The team will study the gates at the locations, develop designs and oversee application of the symbol to the gates.

“Our goal is to make sure we paint each water tower and change each gate



Courtesy photo

The new Air Force logo appears on the water tower at McChord Air Force Base, Wash.

in a way that is cost effective and consistent,” Rand said.

“The lessons learned from this test will help us establish policy for future applications of the symbol on Air Force infrastructure, if and when the decision is made to do so.”

White House Fellowship

Air Force members learn how nation’s government works, work at U.S. capitol

RANDOLPH AIR FORCE BASE, Texas (AFPN) — Air Force members wanting to learn firsthand how the U.S. government works can do so if they’re selected to participate in the White House Fellowship program. All U.S. citizens, with the exception of federally employed civilians, can apply for this program that gives exceptional, promising Americans firsthand experience in the process of governing our nation. There are no restrictions on age, sex or race, and no physical requirements in order to apply. Annually, 11 to 19 people work full-time for one year as special assistants to senior executives in cabinet-level agencies or in the executive office of the president.

Active-duty members are encouraged to apply and can do so by requesting an application from the President’s Commission on White House Fellows, 712 Jackson Place NW, Washington DC 20503 or by calling (202) 395-4522. Applications must be returned to the commission, postmarked by Feb. 1. The President’s commission also has a Web site at www.whitehousefellows.gov for more information about the program. Completed applications are forwarded directly to the commission and do not need to be forwarded through the Air Force Personnel Center.

“The selection process is very competitive,” AFPC

officials said. Candidates are judged on the basis of professional, academic, athletic, artistic and other accomplishments and on their demonstrated interest in public service. The process is very lengthy. Regional finalists are selected about March 1 with regional interviews scheduled during the following month in cities throughout the United States. From these interviews, national finalists are selected. Notification from the commission are by letter followed by appointments for national interviews. The president makes the final selections in June. Contact the military personnel flight at 856-7876 for more eligibility criteria. *(Courtesy of AFPC News Service)*

DOD officials offer simple health care steps

By Army Staff Sgt. Kathleen T. Rhem
American Forces Press Service

WASHINGTON (AFPN) — Defense Department medical officials want service members to know simple steps they can take to safeguard their health as a DOD health care patient.

“We want to make people understand there are certain things they can do that will really minimize patient errors and, even more, will help draw them into their own care,” said Dr. John Mazzuchi, Office of the Assistant Secretary of Defense for Health Affairs clinical and program policy deputy.

“An individual person is responsible for his or her own health care, too,” Mazzuchi explained. “We want them to be in a partnership with their doctor.”

To help build this partnership, the Quality Inter-agency Committee, a group of health care professionals from several federal agencies that deals with quality and safety issues in medicine, came up with a list of five things individuals can do to safeguard themselves from medical errors.

♦ **Speak up with questions or concerns.** Mazzuchi said he wants patients to understand asking questions shouldn’t be seen as challenging physicians.

“I’m sure it can be somewhat uncomfortable for a young enlisted person or a spouse of a young enlisted person to be sitting in front of a full colonel who’s the physician and start asking questions,” he said.

Mazzuchi stressed he’s not suggesting patients ques-

tion the doctor’s intelligence, integrity or motivation. “But if you have questions as a patient, you need to get those questions answered,” he said, noting that patients do a better job of following instructions if they understand the instructions clearly.

♦ **Keep a list of all medications taken.**

“Clearly, medication errors are a major concern because we write so many prescriptions,” Mazzuchi said. Because medications can counteract each other or cause a serious reaction when combined, he said, it’s critical for patients to tell their doctor and pharmacist what medications they’re taking, including over-the-counter drugs and supplements, and any allergies they might have.

♦ **Get the results of any test.**

“Don’t assume that because the doctor has not gotten back to you in two weeks, everything was fine,” Mazzuchi said. “That doesn’t mean that it couldn’t have been lost in the mail; it could have been misplaced someplace; the doctor thought the nurse was calling, the nurse thought the doctor had called.”

Individuals should call their provider and ask for an explanation of results they don’t understand.

“Sometimes people write right instead of left, or they write yes instead of no, or positive instead of negative — not because they’re bad people but because we all make mistakes,” he said. “If a result comes back that seems strange, I think it’s important for any patient to pick up the phone and call the doc, call the nurse, call the lab tech, whomever you’re supposed to call, and say, ‘I don’t understand these results; can

you go over them with me?’”

♦ **Talk with doctors about hospital care options.**

“Certain hospitals do a better job with certain types of surgery than others,” Mazzuchi said. “So wherever there’s an option, you’d want to go to the hospital that has a record for the best outcomes.”

♦ **Understand what happens during surgery.**

“If something different happens from what the physician tells you to expect, then you need to bring that to the physician’s and nurse’s attention immediately. You may be having something bad happening to you, and you need to say so right away,” Mazzuchi said. It’s easier to treat patients when a problem is brought up right away than waiting, he noted.

Mazzuchi said DOD is also working to educate healthcare providers on these issues to make this partnership between provider and patient easier.

“We are educating both those physicians who are coming up through medical school and those who are already in practice about the need to go over options and to bring the patient into the decisions being made,” he said.

Medical errors might always happen, but there are ways to mitigate their seriousness.

“Patient errors don’t happen because you have bad people, they happen because health care providers — physicians, nurses, psychologists, whatever the healthcare professional is — are human beings and they make errors,” Mazzuchi said. “They get tired; they get overwhelmed; they get absent-minded; and they make mistakes.

Civil service employees receive LES online

DFAS urges members to select access number, offers Internet services

WASHINGTON (AFPN) — Air Force civilian employees can receive their Leave and Earning Statements online via the Employee and Member Self Service system beginning Sept. 18.

The system is an Internet and telephone system allowing Department of Defense members to update pay and other information without visiting a finance office.

Active-duty members are scheduled to have

Internet service access in October.

Civilian employees were issued temporary personal identification numbers in March when the Defense Finance and Accounting Service debuted the E/MSS system. They had until the end of August to customize their PIN. To date, only 20 percent of the 162,130 Air Force civilian employees have done so.

Those who have lost their temporary PIN or have not received one can call the E/MSS hotline at (800) 390-2348. E/MSS can also be accessed by touch-tone telephone at (800) DOD-EMSS or (912) 757-3119.

“Those who take advantage of the E-LES system will be able to view their statements earlier, and they will be able review the last three pay periods online,” said Robert Hale, Air Force assistant secretary for financial management. “We think E/MSS will make

it easier for all Air Force members to manage their military pay.”

By logging onto the Web site at www.dfas.mil/emss or using a touch-tone telephone, the system allows civilian employees to update federal tax withholding information, adjust allotments, change addresses and conduct net pay electronic fund transfers.

Along with E-LES, other future services include changing state tax status and exemptions and updating savings bond information.

“Flexibility and efficiency are the keys to E/MSS,” Hale said. “Our people will be able to make changes to their pay from a computer on their desk at work, at home, if they’re TDY (temporary duty) around the world or if they’re changing stations.”



Airman 1st Class Shanna Jones

"The Wiz of the West" cast members perform a musical number Saturday at the youth center.

Wiz of the West

Luke youths perform Western adaptation of American classic

By Tech. Sgt. Julie Briggs
56th Fighter Wing Public Affairs

More than 20 Luke children followed the trail west Saturday at the youth center when they performed "The Wiz of the West," a musical adaptation of "The Wizard of Oz." Luke parents watched Tinhorn, Lionel, Scared Crow, Dotty and her little dog Mooch on their precarious western adventure. The children auditioned, learned their lines and put on two performances in less than one week all under the guidance of two directors from the Missoula Children's Theatre from Montana.

The two director-actors Chad Neuman and Karen Hassenger, are one of 23 touring teams who travel the United States. The two also played Tinhorn and Hassenger Cyclone Sal in the production. "It's pretty amazing what the children do in a week," Neuman said. "They auditioned Monday (Aug. 21), memorized their lines in about two days and today (Saturday) they're doing two performances." "Dottie had about 1,100 lines to memorize, Scared Crow about 1,000 and Lionel about 700," Neuman said. "For most adults, we would say that's impossible, but for the children it's fairly easy." Missoula makes it fairly easy for organizations to sponsor the show. The touring teams bring everything they need to put on the show – scripts, props, lights, costumes and the set. "We bring everything but the shoes," Neuman said.



Airman 1st Class Shanna Jones

Megan Lopez belts out a song during the production as Karen Hassenger and Ben Price look on.



Ashley Grant played Ma Munch in the production.

Airman 1st Class Shanna Jones



Airman 1st Class Julie Simmons

Kristen Howe and Ashley Grant set up for the show.

Information,
Tickets and
Tours

Information, Tickets and Tours is in the community center. Dillards Box Office and Ticketmaster are open weekdays from 8 a.m. to 6 p.m.; Saturday from 10 a.m. to 2 p.m.; and closed Sunday. Tickets for a variety of community events are available. For locations, times and events, call 856-6000.

Tours

Algodones, Mexico: Sept. 9, 6 a.m. to 7 p.m., \$15 per person.
Riverside Casino, Laughlin, Nev.: Sept. 10 and 24 and Oct. 8 and 22. Bus departs at 6 a.m. each day and returns at 10 p.m. The cost is \$5 per person.
Grand Canyon: Sept. 17, 6 a.m. to 9:30 p.m. The cost is \$50 per person.

Luke Movies

Movies begin at 7 p.m. unless otherwise noted. Cost for children 11 and under is \$1.25; adults pay \$2.50.



Today, Saturday, Sunday
“The Patriot” (R)

Stars Mel Gibson, Tcheky Karyo, Heath Ledger, Jason Isaacs and Tom Wilkinson.
Gibson portrays Benjamin Martin, a former hero of the French and Indian War. He has renounced fighting forever to raise his family in peace.

But rebellion is brewing. Another conflict, this time with England, is inevitable.
Together with his patriotic son,

Gabriel, the pair faces the vicious Redcoats with a heroism that reflects the stubborn pride of a young country’s most dedicated supporters. (167 minutes)



Saturday, Sunday, 2 p.m.
“Pokemon: The Movie 2000” (G)

Stars the voice talents of Eric Stuart, Veronica Taylor, Philip Bartlett, Rachel Lillis and Addie Blaustein.
Pokemon collector Jirarudano goes in search of three rare birds that, when brought together, attract Lugia, a dreaded sea monster and the rarest and most mysterious Pokemon of all.
Trainer Ash Ketchum and his friends fight the collector to keep the sea monster Lugia hidden because he is so powerful and dangerous that he

could destroy the world.
Can the trainer Ash and his friends stop the evil Jirarudan in time to save the world? (109 minutes)



Sept. 8
“X-Men” (PG-13)

Stars Patrick Stewart, Ian McKellen, Hugh Jackman, Famke Janssen and James Marsden.
Marvel’s classic comic book comes to life in this exciting big screen adaptation.
The story focuses on the efforts of Professor Charles Xavier who hopes to prove a group of genetically enhanced human beings are not dangerous.
When Magneto, an angry mutant, vows to eradicate human existence, it’s up to the X-Men to save the day and keep the world united. (96 minutes)

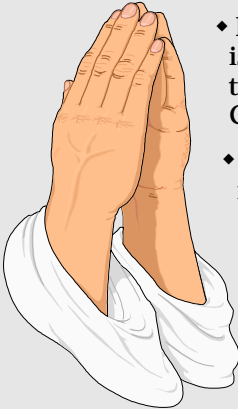
Chapel News

Worship schedule

The following is Luke’s Protestant and Catholic worship schedule:

Protestant worship

- ♦ Holy Communion is Sunday at 8 a.m. at the Luke Community Chapel.
- ♦ Gospel service is Sunday at 8:30 a.m. at the Chapel on the Mall.



- ♦ Morning worship service is Sunday at 11 a.m. at the Luke Community Chapel.
- ♦ Evening praise service is Sunday at 6 p.m. at the Luke Community Chapel.

Catholic worship

- ♦ Saturday Mass is at 5 p.m. at the Luke Community Chapel.
- ♦ Sunday Mass is at 9:30 a.m. and 12:30 p.m. at the Luke Community Chapel.
- ♦ Weekday Mass is at noon at the Luke Community Chapel.

Morning retreat

The Men of the Chapel hosts a morning retreat Sept. 9 from 7:30 a.m. to noon at the Luke Community Chapel. The program includes food and fellowship. The guest speaker’s topic is “Men Maintaining Balance.”

For more information on these and other chapel programs, call 856-6211.

Around Base

American Red Cross classes

The American Red Cross offers the following classes:

- ♦ An American Red Cross new volunteer orientation is Sept. 14 and 28 at 10 a.m. in Bldg. 1150, Room 1064. There are many volunteer positions open with days and hours to fit everyone’s schedule.
- ♦ An adult, infant and child cardiopulmonary and first aid class is Sept. 9 at 8:30 a.m. in Bldg. 1150, Room 1064. Enrollment is open to all military identification cardholders, their family members and Luke civilian employees. The cost is \$22 per person. Registration and pre-payment is required.
- ♦ Dental assistant training begins Sept. 11 at the Luke dental clinic. This free, full-time training program requires 800 hours and must be completed in six months. The program is open to people ages 18 and older.

For more information about the dental training, call 856-7533. For more information about the volunteer orientation and the CPR class, call 856-7823.

C4I Technology Exhibition

The 18th Annual C4I Technology Exhibition is Oct. 3 to 5 at Fort Huachuca, Ariz.

Sponsored by the Southern Arizona Chapter of the Armed Forces Communications Electronics Association, the exhibit features technology for the command, control, communications, computers and intelligence systems fields.

For more information, visit the www.laser-options.com/afcea Web site.

Peoria Toastmasters meet

The Peoria Chamber of Commerce Toastmasters meet every Thursday at 7:30 p.m. at the chamber office, 8335 W. Peoria Ave.

For more information, call Jill Grob at (623) 875-3822.

Volunteer opportunities

Volunteer opportunities are available at Historic Sahuaro Ranch, 9802 N. 59th Ave., Glendale.

The ranch is a private, nonprofit organization. It preserves and protects the history of one of the West Valley’s oldest homesteads.

Volunteer positions include tour guides, re-enactors, gallery attendants and educational, clerical and research assistants. Training is free with a minimum requirement of four volunteer hours per month.

The ranch is open October through May. Its hours are Tuesdays through Fridays from 10 a.m. to 2 p.m., Saturdays from 10 a.m. to 4 p.m. and Sundays from noon to 4 p.m.

For more information, call the volunteer curator at (623) 939-5782.

Fiesta Glendale

Fiesta Glendale premiers Sept. 15 and 16 at Murphy Park in historic downtown Glendale as a kickoff for National Hispanic Heritage Month.

The event features two stages of entertainment, food from local restaurants, traditional and modern crafts and fine art and family activities.

A Hispanic “Taste of Glendale” competition is also planned. The entry fee is \$25. Half the contestants compete Friday and the other half Saturday.

Pick up entries at the Glendale City Hall or by calling Holly Betzer at (623) 930-2959.

Wrestling Night

Wrestling Night is Sept. 24 at 4:30 p.m. in the Desert Star Enlisted Club. The pay-per-view event features the World Wrestling Federation’s “Unforgiven” program. For more information, call the club at 856-7136.

Commissary shopping tour

Learn how to interpret food labels and make healthier food selections at a commissary shopping tour Sept. 25 from 10 to 11 a.m. To register, call 1st Lt. Debbie Robinson at 856-3778.

Youth center extends hours

The 56th Services Squadron youth programs flight offers extended hours the third Friday of each month to support the “Third Friday” program at the clubs.
The youth center extends its hours Sept. 15 from 6 to 10 p.m. The cost is \$6 per person.
Children 6 to 12 years can visit with friends, listen to music, do arts and crafts, watch a movie or play volleyball or basketball.
For more information, call 856-6225 or 856-7470.

Club hosts ‘Parents’ Relief Night’

The Desert Star Enlisted Club hosts a “Parents’ Relief Night” Sept. 20 from 5 to 9 p.m.
The club staff entertains the children with movies, games, popcorn and a children’s menu while the parents enjoy dinner.
Parents can choose two-for-one New York strip, rib eye steaks or sherried chicken for only \$14.50 per couple.
To make reservations, call 856-7136.

ESC meets

The Luke Air Force Base Enlisted Spouses Club meets Sept. 13 at 7 p.m. in the Desert Star Enlisted Club. For more information, call Christine Fetcho at (623) 536-3144 or Linda Jenkins at (623) 535-9034.

Homework help

The youth center offers Luke children 6 to 12 years old free homework assistance each Tuesday from 6 to 7 p.m. For more information, call 856-6225 or 856-7470.

Teens in the kitchen

Luke teens, 13 to 18 years old, can learn about balanced nutrition, kitchen safety techniques and safe food preparation Sept. 9 from 6 to 8 p.m.
The cost is \$3 per person. Participants must sign up by Thursday. For more information, call 856-6225 or 856-7470.

Library carries new online service

The base library now has online access to the Air Force Resource Center, which contains education and career information.
It contains more than 2,000 profiles of every accredited college and university in the United States and Canada. More than 36,000 masters, doctoral and professional degree programs are also available.
In addition, more than 900,000 scholarships are searchable.
The Web site is www.petersons.com/airforce! For more information, call 856-7191.

Kids in the kitchen

Children 6 to 12 years old can learn how to make vegetable pizza Sept. 27 from 6 to 7:30 p.m. at the youth center. Cost is \$3. Register by Sept. 25.
To register or for more information, call 856-6225 or 856-7470.

Oasis Pool hours

The Oasis Pool hours for September are:
Open swim: Saturday and Sunday, noon to 6 p.m.
Lap swimming: Monday through Friday, 11 a.m. to 1 p.m. and 3 to 6 p.m.
Water aerobics: weekdays, from noon to 1 p.m.
The cost is \$2 per class or \$20 for a 15-visit punch card.
Children 10 years old and younger must be under the direct supervision of an individual who is at least 18 years old.
For more information, call 856-6368 or 856-7120.

TRICARE benefits

TRICARE beneficiaries with questions regarding their TRICARE benefits should call Tech. Sgt. Daniel Borkowski, 56th Medical Group counseling and assistance coordinator, at 856-9100.
For cases that have been turned over to a collection agency, TRICARE beneficiaries should call Tech. Sgt. Bart Scherack, 56th MDG debt collection assistance coordinator, at 856-3372.

Salutes

Scholarship winner

The Retired Officers Association recently awarded a \$1,000 scholarship to a Team Luke teen.
Michaela Watton, daughter of Maj. John Watton from the 56th Training Squadron, won the award.
Watton was one of 200 people selected to receive an award during a worldwide competition in March. Winners were judged on evidence of merit in scholarships, citizenship and leadership.
More than 3,500 people competed.
TROA is a military officers organization. It supports the active-duty and retired communities and their dependents with several education assistance programs.
Similar scholarships and loan programs are planned for 2001. Application materials will be available in November.
For more scholarship and loan information, visit the TROA Web site at www.troa.org.



Watton

Children’s story time

The base library sponsors children’s story time each Thursday from 9:30 to 10:30 a.m. Stories by Dr. Seuss are highlighted Sept. 7 and stories about pigs are told Sept. 14. Story time is sponsored by the Luke Officers Wives Club.

Cholesterol Awareness Month

Health & wellness center offers tips

By 1st Lt. Debbie Robinson

56th Aerospace Medicine Squadron

If reciting a simple rhyme were enough to reduce blood cholesterol, 90 million Americans would be healthier. But, just because a simple rhyme doesn't exist, doesn't mean lowering cholesterol has to be difficult.

Learning easy ways to lower cholesterol is merely a mouse click away from the National Cholesterol Education Program. Simply go to the National Heart, Lung and Blood Institute's Web site at www.nhlbi.nih.gov/chd/. It takes the guesswork out of lowering cholesterol, a heart disease risk factor.

Research says one out of every two men and one out of every three women aged 40 and younger will get coronary heart disease during their lifetime. Even at age 70, heart disease risk remains very high. Elevated cholesterol is a big part of the problem. By lowering their blood cholesterol, people can cut down their risk of a heart attack.

The Web site offers tips for healthy people who may only need to reduce the saturated fat and cholesterol in their diets, increase physical activity and control their weight. It also pays big dividends for people with other heart disease risk factors, such as smoking, high blood pressure, over weight, physically inactive and diabetes.

"Our goal is to help every American live a longer, healthier life," said Dr. Claude Lenfant, National Heart, Lung and Blood Institute director, which coordinates the cholesterol education program. "This Web site gives everyone a head start on taking steps to lower blood cholesterol."

Since the mid-1980s, more than 80 million adults have checked their cholesterol. Americans eat less saturated fat, total fat and cholesterol. As a result, cholesterol levels are coming down. In the last two

decades, average cholesterol levels dropped from 213 milligrams per deciliter to 203 milligrams per deciliter. It is still high enough to increase the risk for heart disease.

The Web site was expanded to celebrate National Cholesterol Education Month. The month's theme is "Keep the Beat — Cholesterol Counts for Everyone."

"Initially, the site targeted heart disease patients", said Dr. James Cleeman, NCEP coordinator. "We've now added new features to help everyone benefit from lowering cholesterol."

- At the Web site, people can:
- ♦ Face up to the amount of saturated fat and cholesterol they actually eat.
 - ♦ Get the skinny on portion sizes.
 - ♦ Create a diet based on the foods they like and the calories they need.
 - ♦ Become an expert at navigating food labels.
 - ♦ Discover easy ways to increase physical activity.

Those who do not have computer access can call 1-800-575-WELL to get the facts.

The Luke Health and Wellness Center also has programs to help people lower their cholesterol. If a medical provider identifies someone's cholesterol as elevated, he or she may be referred to the Cholesterol Reduction Series. It consists of three sessions focused on improving eating habits and increasing physical activity to help reduce cholesterol.

Commissary shopping tours are offered monthly and provide a hands-on experience in reading food labels, interpreting nutrient claims and making healthier food selections at the grocery store.

In addition, the wellness center staff conducts cooking demonstrations each quarter. There participants learn how to prepare nutritious meal.

To register for a nutrition program or for more information on ways to lower cholesterol, call 856-3778.

Purple Heart recipients receive faster health care, don't make co-payments

By Gerry J. Gilmore

American Forces Press Service

WASHINGTON (AFPN) — Veterans who have been awarded the Purple Heart medal now receive faster treatment and save money when they use Department of Veterans Affairs health care services.

A public law passed in 1999 by Congress, the Veterans Millennium Health Care and Benefits Act, extended new benefits to Purple Heart recipients, said Kent Simonis, Veteran Affairs' health administration services director.

Simonis said Purple Heart veterans have been placed in a higher-priority category for VA health care services and no longer need to make co-payments for medical services. The change affects the seven-step priority system that Congress established for VA health care.

Under the new system, the minimum classification for Purple Heart veterans is priority group 3. Before the change, Purple Heart recipients were placed in priority groups 4 to 7. Those who qualified for groups 1 or 2 because of service-connected disabilities remain in those groups, he added.

Purple Heart recipients will also save money under the new policy. Purple Heart recipients no longer make co-payments, regardless of income.

He said the VA would reimburse Purple Heart veterans for any co-payments they have made for VA healthcare received after Nov. 29, 1999.

However, he added, Purple Heart recipients are required to pay \$2 for each 30-day supply of prescription medication provided to outpatients for conditions not related to military service.

The Purple Heart indicates meritorious military service and is awarded to service members who have been wounded during action against the enemy, to include wounds incurred during captivity.

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Indoor soccer Falcons A, B teams tie against local teams

A Team

By Senior Airman J. Propst

56th Fighter Wing Public Affairs

The Luke varsity soccer A team battled the Alliance Aug. 25 to a hard fought tie at the Phoenix Soccer Center.

The Alliance scored immediately against the short-handed Falcons. The Alliance got a direct kick when Luke's goalie Mike Kputo, who was playing goalie for the first time, stepped out of his box with the ball.

After more Luke players arrived, the team quickly put their offense together and began putting shots on goal. The Falcons backed up their offense with a strong defense, not letting the Alliance bring the ball down the field with any ease.

The evenly matched teams quickly began a stalemate that lasted the rest of the half. Though the Falcons were making plays and putting shots on goal, the Alliances speed and determination prevented either team from gaining the advantage.

Kputo quickly found his place in goal, making save after save. The Alliance goalie was doing the same, keeping the game 1-0 in Alliances favor until the half.

The stalemate continued until there were 10 minutes left in the second half. Luke broke the stalemate and began an onslaught of scoring. It started when Mike Doane passed to Jason Chandler for a solid one touch through a maze of defenders into the goal.

Moments later, Henry Smith passed off the wall to Jimmy Kinsey who slid it past the Alliance goalie into the net. This put the Falcons in the lead for the first time all night. The Falcons defense continued to be strong.

With five minutes left in the game, Drew Hall would increase Luke's lead when he put a solid shot through the Alliance keeper's arms.

The game was tense; Alliance began putting pressure on the Falcons who now had a two-point lead. The Alliance scored a goal on a penalty shot. Kputo picked up the save, but the ball rebounded and was kicked in.

It was now a one-point game and the Falcons were focused on scoring. This was their downfall. Alliance passed to an open man who one-touched it in the goal.

The game ended in a tie and left most spectators anticipating the next Falcons-Alliance match up.

Luke's A team takes on the Geckos II today at 7:40 p.m. at the Phoenix Soccer Center, located at 35th Avenue and Indian School Road.

So far this session, the A team has won two and tied one game.

B Team

By Kristen M. Butler

56th Fighter Wing Public Affairs

The Luke Falcons B indoor soccer team tied the X-Men Aug. 21 in a

hard fought battle at the Phoenix Soccer Center.

The new Falcon team had trouble finding positions and was caught off guard when play suddenly began. The X-men took full advantage of this inexperience and quickly put a shot into the back of the net within the first 30 seconds of play.

Luke reorganized and began playing defense, with Jimmy Kinsey leading them in goal. They wouldn't play defense the entire night; 11 minutes into the half, a pass from John Kasl to Trent Otis put Luke on the board and tied the game at one.

Minutes later, a penalty shot allowed Otis to score again. Luke backed up their offense with solid defense, including some great plays by Henry Smith.

With five minutes left in the half, Otis continued his scoring streak by knocking a ball past the X-Men goalie.

The X-Men had a chance to comeback when they got a penalty shot, but failed to score. Determined not to let the Falcons get away, the X-Men began to put on the pressure. With just three minutes left in the half, they scored.

Luke retaliated when Mike Doane scored off a pass. With seconds left in the half, Otis scored a hat trick, making the score 5-2 in Luke's favor.

At the beginning of the second half, both teams came out ready to play. The X-Men kept the ball down on the Falcon's half, putting a

barrage of shots on goal. Unable to clear the ball, the Falcon's defense let one slip by into the goal. Minutes later the X-Men struck again, making the score 5-4 with 10 minutes left.

Luke, determined to keep their lead, slowed the play and began to make solid passes. It paid off when Otis took a nice pass from Doane and one-touched it in.

The X-Men received another penalty shot, but this time took advantage of the freebie and scored. Moments later, Luke's opponents scored again, evening up the score at six a piece.

With eight minutes left, Luke took advantage of a penalty shot to regain the lead.

The Falcons continued playing solid defense with good saves from their goalie, but the X-Men were able to slip one by and score, tying the game at 7.

In the last minutes of play the game got rough, both teams wanted to score. This resulted in several penalty shots, but no goals. The game ended in a tie.

Luke's B team takes on Palmcroft Sept. 11 at 11 p.m. at the Phoenix Soccer Center, located at 35th Avenue and Indian School Road.

So far this session the B team has also won two games and tied one. For more information on game times go to www.pscsoccer.com.

Both the A and B teams practice Tuesday and Thursday at 7 p.m. at the base soccer field.

Ten soldiers compete in 2000 Olympic Games

By Paula J. Randall Pagán

U.S. Army Marksmanship Unit Public Affairs Office

FORT BENNING, Ga. — Ten soldiers of the U.S. Army Marksmanship Unit at Fort Benning compete Sept. 18 to 23 at the 2000 Olympic Games in Sydney, Australia.

The shooters dominated the men's competition in the Olympic selection matches in Atlanta June 21 to July 1, winning 11 of the 20 event slots on the U.S. men's Olympic shooting team.

The games are Sept. 15 to Oct. 1. The shooting competition is at the Sydney International Shooting Centre Park.

AMU soldiers who made the 2000 Olympic Team are: Maj. Michael Anti of Winterville, N.C., 35, and Capt. Glenn Dubis of Bethel Park, Pa., 41, are entered in the free rifle three position contest Sept. 23.

Anti competed in the 1992 Olympics. Dubis, a U.S. Olympian in 1996, 1988 and 1984, will also compete in the free rifle prone match Sept. 21.

Sgt. 1st Class James Graves of Laurel, Miss., 37, and Sgt. Michael Schmidt of Leon, Iowa, 42, are entered in the skeet event Sept. 22 and 23. Graves competed in the 1996 and 1992 games; Schmidt is a first-timer.

Sgt. 1st Class Thomas Tamas of Columbus, Ga., 35, will compete in the Men's Free Rifle Prone Match Sept. 21. This will be his first Olympics, although he was a 1992 alternate.

Staff Sgt. Kenneth Johnson of Marshfield, Mass., 31, a 1996 Olympic alternate, and first-timer Sgt. Jason Parker of Omaha, Neb., 26, represents the United States Sept. 18 in the air rifle competition.

Johnson's wife, Nancy, is also on the U.S. team and will compete Sept. 16 in the women's air rifle event. The other AMU winners will all compete in their first Olympics. Sgt. 1st Class Daryl Szarenski of Saginaw, Mich., 32, will try for gold Sept. 19 in the free pistol match. Spc. William Keever of Rutherfordton, N.C., 24, participates in the Men's Double Trap Sept. 20. Sgt. 1st Class Lance Dement of San Antonio, 31, will start two days of running target competition Sept. 21.

The USAMU International Rifle shooters dominated the Atlanta trials, taking all six slots on the Olympic men's rifle team.



Courtesy photo

Army Sgt. 1st Class Thomas Tamas practices his shooting skills.

"The rifle team is very strong; all of them have a chance to win a medal. They have proven this by shooting the scores that are necessary to win in the Olympics," said William Krilling, AMU International Rifle Team coach. "Their attitude is positive and training is going very well. I'm looking forward to the competition with confidence."

AMU shotgun experts took three out of seven Olympic slots.

Szarenski is completely focused, training hard and ready to perform in Sydney.

"Daryl Szarenski is a true champion," said AMU International Pistol Team coach Frank Briggs. "After losing a chance to become an Olympian in

air pistol because of a pistol malfunction. He continued in true Army form and performed superbly in the free pistol trials and won himself an Olympic slot."

"Lance Dement has an intense desire to shoot extremely well — therefore he does," said Troy Lawton, USAMU running target coach. "Dement is a strong champion. His long hours of high-quality training and commitment to excellence have earned him this spot on the Olympic team."

The Olympians leave Fort Benning in two groups. The first departs Wednesday. Matches begin Sept. 16. The second group leaves for San Diego Sept. 11 and arrives in Sydney Sept. 14.

Sports Shorts

Varsity basketball tryouts

The varsity basketball tryouts are Saturday from 10 a.m. to noon, Thursday from 4 to 6 p.m. and Sept. 9 from 10 a.m. to noon at the fitness center. For more information, call Leon Jackson at 856-4325.

Golf tournament

The Hansen Brother’s Golf Classic to benefit the Luke varsity hockey team is Sept. 15 at 7:30 a.m. at the Falcon Dunes Golf Course. The four-man scramble tournament costs \$40 per person. Call Mike McGuire at 856-6332 or Erik Saracino at 856-3732 to register.

Triathalon

Outdoor recreation sponsors a triathalon Sept. 23. The event includes individual and team competition in swimming, biking and running. There is no charge and all participants receive a T-shirt. For more information, call 856-9334.

Punt, Pass and Kick

The free NFL Punt, Pass and Kick competition is Sept. 9 at 9 a.m. at youth ballfield No. 1 for children ages 8 to 15. Parents need to sign up children at the youth center by Thursday. For more information, call 856-7470 or 856-6225.

Volunteers needed

The youth center needs adult volunteers to help with the NFL Punt,

Pass and Kick Sept. 9. The youth center is also looking for adult volunteers to be coaches, assistant coaches and concession stand workers for the flag football season. For more information or to sign up, call Amy Heil at 856-7471.

Upward basketball league

First through sixth graders who want to play in the Upward fall basketball league must register by Monday. The cost is \$45 Every child is guaranteed playing time. For more information, call Ted Barnes at 932-5737.

Bowling specials

Colorama, bowling for cash prizes, is Saturdays at 6 p.m. at Luke Lanes. Bowl three games for \$10. Patrons can also bowl for \$1.10 a game Tuesdays and Thursdays from 10:30 a.m. to 8:30 p.m. For more information, call 856-6529.

Swimming lessons

Outdoor recreations accepts registration Sept. 11 for swimming lessons at the Litchfield Park Pool. Classes for children ages 6 months to 7 years are Mondays and Wednesdays from 10 a.m. to 2 p.m. Classes are \$10 per child.

Aerobic center hours

The aerobic and Nautilus center at the health and wellness center is open Monday through Thursday from 7:30 a.m. to 8 p.m. and Friday from 7:30 a.m. to 6 p.m. Free classes are offered for active-duty members. For more information on class times and fees, call 856-3247.

Junior golf classes

Luke children and teens ages 5 to 17 can learn to golf Saturdays from 9 to 10:30 a.m. at the Falcon Dunes Golf Course. The \$45 cost includes four sessions, range balls, greens fees and clubs, if necessary. For more information, call 856-8355.

Horseback and camping

Outdoor recreation sponsors an overnight horseback and camping trip to Fort Huachuca Sept. 9 and 10. The \$50-per-person cost includes round trip transportation, horse rental, camping equipment, sack lunch, barbecue and breakfast. Register by Tuesday. For more information, call outdoor recreation at 856-9334.

Paintball and camping

Outdoor recreation sponsors a paintball, fishing and camping trip to Prescott Sept. 23 and 24. The \$75 cost includes round trip transportation, paintball equipment, 200 rounds of ammo, camping and fishing equipment, bait, one breakfast, two lunches and an evening meal. Register by Sept. 15. For more information, call outdoor recreation at 856-9334.

Day hike

Outdoor recreation sponsors a day hike at Bell Rock in Sedona Oct. 14. The \$20 cost includes round trip transportation, lunch, soft drinks and snacks. Register by Oct. 6. For more information, call outdoor recreation at 856-9334.

Bike ride

Outdoor recreations sponsors a Blue

Streak Bike Ride, a 10-mile family fun ride, 50-mile ride or 62-mile ride. For more information, call outdoor recreation at 856-9334.

Free squadron golf

Each Luke squadron can book one free squadron golf day. The days available are Mondays and Wednesdays after noon. Each player is required to ride in a cart at a charge of \$4.50 per rider. For more information, call Steve Ritz-Woller at 856-8864.

‘Skins’ golfing

Falcon Dunes offers “skins” gross score golf Tuesdays at 5 p.m. The \$12-per-person cost includes greens fees, cart and “skins” money. Handicaps 0 to 9 play from the Falcon tees, handicaps 10 and up play from the Eagle tees and ladies play from the Starfighter tees. Register to play at the golf shop. For more information, call 535-8355.

Games night

The teen center sponsors a games night today, Sept. 22 and 29 from 9 to 10:30 p.m. at the teen center. Teens, 13 to 18, can participate in a variety of games including pool, air hockey, foosball, volleyball and basketball. Appropriate shoes must be worn in the gym.

Falcon Dunes rules

Active-Duty members may make tee-time reservations seven days in advance. Retirees and Defense Department civilians five days in advance. Steel spikes and cut-off shorts are not allowed on the course or driving range. A collared shirt is required.

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